

Educate.

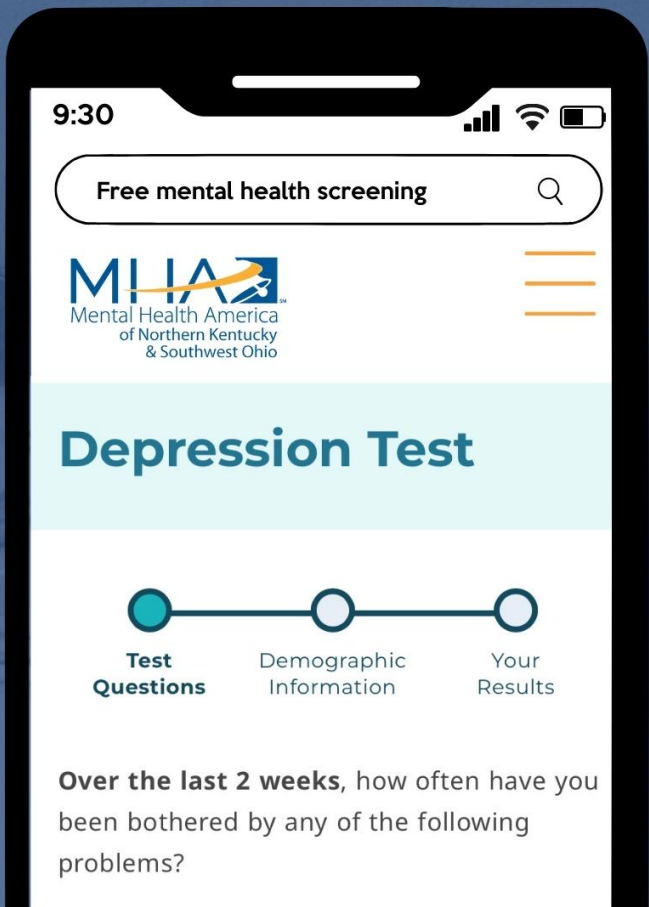
Advocate.

Serve.



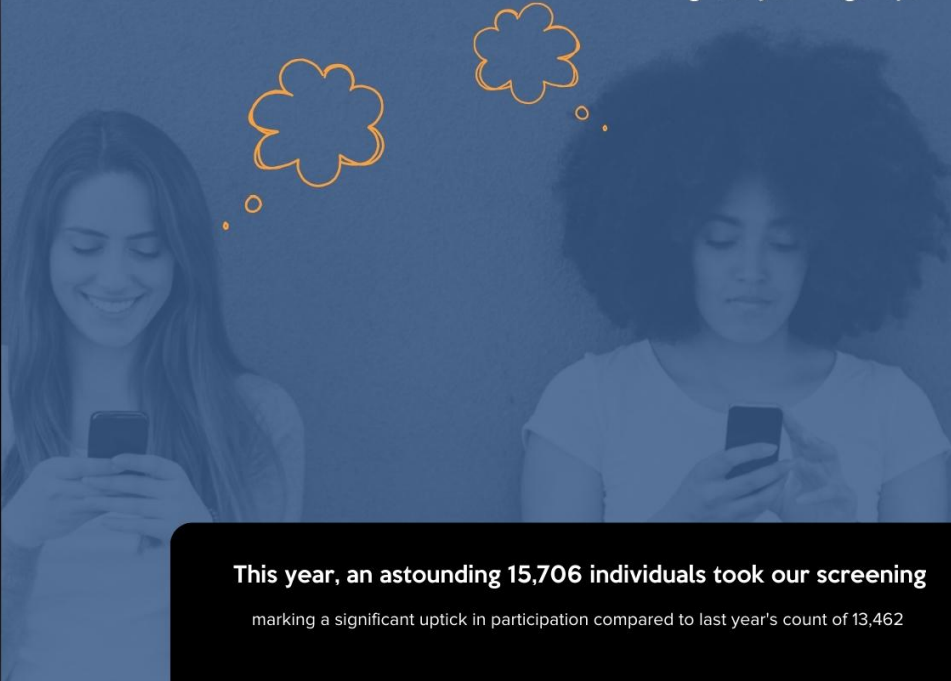
Annual Report | July 1st 2021 - June 30th 2022





Elevate your mental well-being with a check-up from the neck up

right at your fingertips.





Who We Are

We are a nonprofit that provides support, education, and resources to individuals, families, professionals, and communities to promote mental health and prevent mental illness. In 2022 we served over 5,000 people in the region with mental and substance use disorders, offering professional and peer support services and programs to improve their quality of life.

Our staff, programs, and initiatives

fulfill our mission of promoting mental health and preventing mental illness through advocacy, education, research, and services. We work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization. We accept all members of the community. We are committed to a community inclusive of all. We treat each other with compassion, respect, and understanding. We are respectful of the diversity of the community, which we define as culture, gender, social status, and the values of the community.

Peer Support

The PIER in Northern Kentucky | Southwest Ohio Peer Support

Our Certified Peer Support Specialists are trained to use lived experiences in a professional manner to help other people recover. Peer Support Specialists give encouragement, hope, guidance, and understanding through the recovery process.

In 2022 we served

1374

participants across Northern Kentucky and Southwest Ohio.

Peer Support Highlight | Warren County Jail

The Southwest Ohio Peer Support Team made a profound impact on the lives of 179 participants in Warren County Jail. Our peer support specialists worked tirelessly to build trust and establish relationships with these participants, helping them to feel heard, seen, and valued. Their work exemplifies the power of compassion and connection in creating lasting change and building stronger, healthier communities.

Mitchell's Success Story | The PIER Recovery Community Center

About 3 years ago, Mitchell, a combat veteran and high school counselor, underwent major surgery that ultimately left him unhoused. He lived at a campsite for about a year before ending up in a shelter in Covington, Kentucky. It was at this shelter that he first heard about the PIER Recovery Community Center. "At first, I was kind of reserved about going," he recalls. "I've always been self-sufficient."

Nonetheless, Mitchell made his first appointment with Jessica at the PIER shortly after arriving at the shelter. Mitchell describes how he quickly changed his reservations about getting help after meeting the staff at the PIER. What did it do for him? The peer support specialists at the PIER's lived experience. "You have people here who truly understand and who have been in the same boat. I believe that is what makes a true helper... when you've lived it and changed your own life around."

Today, Mitchell is no longer without housing, largely due to the persistence of the staff at the PIER. When reflecting on the two and a half months it took to get into his apartment, he remembers that "Jessica was on the phone with the landlady almost every day that whole time" until the landlady eventually agreed, "Okay, the apartment is yours."

Mitchell's apartment is a one-bedroom in Dayton, Kentucky, a small, walkable town nestled along the Ohio River. "It's been a hard journey. But now I'm really happy," he says, thanking the PIER.

Education

Training and community education programs

Aimed at increasing people's knowledge of mental health, substance use disorders, recovery, and wellness.

Our Education Team Trained

5118

individuals in 2022.



"Our partners at Mental Health America of Northern Kentucky and Southwest Ohio have done a superb job of promoting these trainings and equipping everyday people with the knowledge and skills needed to help fellow Ohioans experiencing a mental health crisis."
-OhioMHAS Director Lori Criss

Continuing Education Unit

Non-Escalation as De-escalation: 435
Introduction to Sexual Orientation and Gender Identity: 177
Methamphetamine Use among Gay Men: 31
Pathways to Recovery: 116
The Importance of Self-Care in the Workplace: 73
Ethics for Social Workers and Counselors: 16

Wellness Recovery Action Plan

7 individuals trained
WRAP Train-the-Trainer: 11 individuals trained



Crisis Intervention Team Training

369 individuals trained

Leadership Academy

42 individuals trained

Mental Health First Aid

3740 individuals trained

Certified Peer Support

101 individuals trained

*Over the course of 2022 there was a 3.5% increase in evaluating scores for the overall CIT training.

Safety Net Services

Safety net services assist individuals who may be vulnerable, at risk to fall through the "service cracks" or who need additional support to meet their basic needs. Services are provided by a mix of professionals, paraprofessionals, and volunteers.

Rising to the the Challenge | Obstacles and Achievements in 2022

Despite the continued financial challenges posed by the aftermath of the pandemic, our dedicated staff persevered and went above and beyond to support our participants in securing housing. While property raised rates and tightened their criteria, our team invested significant time and effort advocating for our participants and ensuring their housing stability. Through our collective efforts, we were able to successfully secure housing for three homeless participants, providing them with a sense of security and a fresh start.

Supported Employment

Supported Employment Specialists assist individuals with mental or substance use disorders to find competitive employment opportunities in the Northern Kentucky area.



Payee Services

The payee program helps individuals in their recovery by budgeting income to meet expenses, and ensuring rent is paid along with utilities, doctor's visits, medication costs, and other expenses.



Pro Bono Counseling

This program provides a unique and needed service linking uninsured/underinsured individuals and families with volunteer mental health professionals for free counseling services.



Support Groups

Mental Health America manages the Support Group Clearinghouse for the Greater Cincinnati and Northern Kentucky region.



Funding and Financial Data

Thank you to our generous funders!
We couldn't do it without you.

Care Source Foundation | Centers for Disease Control and Prevention
City of Cincinnati | Clinton County Job and Family Services (Ohio Start)
Clinton County United Way | Greater Cincinnati Foundation
Hamilton County Job and Family Services (Ohio Start) | Hamilton County Mental Health and Recovery Services Board
Health Resources and Services Administration | Interact for Health
Kentucky Office of Vocational Rehabilitation | Mental Health and Recovery Services
Board of Warren and Clinton Counties | North Eastern Ohio Medical University |
Northern Kentucky Agency for Substance Abuse Policy
Northern Kentucky Fiscal Courts (Boone, Campbell, and Kenton Counties) | NorthKey Community Care
Ohio Mental Health and Addiction Services | Substance Abuse and Mental Health Services Administration
United Way of Greater Cincinnati

